



Roasted pumpkin

Recipe by V-ZUG Ltd.



Preparation
Cooking
time
Portions 4

pumpkin salad with pear and feta

Pumpkin

1 kg pumpkin (e.g. orange knirps or butternut)
2 pears, peeled
1 red onion, peeled
1 tsp ras-el-hanout
2 tbsp olive oil
1 tsp salt
Some pepper
80 g walnut kernels, coarsely chopped
40 g pumpkin seeds

Vinaigrette

4 tbsp rapeseed oil
2 tbsp pumpkin seed oil
4 tbsp apple cider vinegar
½ tsp runny honey
1 clove of garlic, crushed
1 pinch of cinnamon
Some salt
Some pepper





Serving

100 g feta, crumbled

Some red chicory leaves, coarsely shredded

Additional information

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